



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 11015, Asparagus, canned, drained solids

Report Date: July 04, 2017 19:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 242g	1 spear (about 5" long) 18g	1 can (300 x 407) 248g
Proximates							
Water	g	93.98	4	0.651	227.43	16.92	233.07
Energy	kcal	19	--	--	46	3	47
Energy	kJ	81	--	--	196	15	201
Protein	g	2.14	4	0.146	5.18	0.39	5.31
Total lipid (fat)	g	0.65	4	0.065	1.57	0.12	1.61
Ash	g	0.77	4	0.271	1.86	0.14	1.91
Carbohydrate, by difference	g	2.46	--	--	5.95	0.44	6.10
Fiber, total dietary	g	1.6	--	--	3.9	0.3	4.0
Sugars, total	g	1.06	--	--	2.57	0.19	2.63
Minerals							
Calcium, Ca	mg	16	--	--	39	3	40
Iron, Fe	mg	1.83	4	0.783	4.43	0.33	4.54
Magnesium, Mg	mg	10	--	--	24	2	25
Phosphorus, P	mg	43	--	--	104	8	107
Potassium, K	mg	172	--	--	416	31	427
Sodium, Na	mg	287	--	--	695	52	712
Zinc, Zn	mg	0.40	4	0.022	0.97	0.07	0.99
Copper, Cu	mg	0.096	4	0.012	0.232	0.017	0.238
Manganese, Mn	mg	0.170	--	--	0.411	0.031	0.422
Selenium, Se	µg	1.7	15	0.359	4.1	0.3	4.2
Vitamins							
Vitamin C, total ascorbic acid	mg	18.4	--	--	44.5	3.3	45.6

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Thiamin	mg	0.061	--	--	0.148	0.011	0.151
Riboflavin	mg	0.100	--	--	0.242	0.018	0.248
Niacin	mg	0.954	--	--	2.309	0.172	2.366
Pantothenic acid	mg	0.139	--	--	0.336	0.025	0.345
Vitamin B-6	mg	0.110	--	--	0.266	0.020	0.273
Folate, total	µg	96	--	--	232	17	238
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	96	--	--	232	17	238
Folate, DFE	µg	96	--	--	232	17	238
Choline, total	mg	21.4	--	--	51.8	3.9	53.1
Betaine	mg	0.7	--	--	1.7	0.1	1.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	41	--	--	99	7	102
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	493	--	--	1193	89	1223
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	822	--	--	1989	148	2039
Lycopene	µg	24	--	--	58	4	60
Lutein + zeaxanthin	µg	630	--	--	1525	113	1562
Vitamin E (alpha-tocopherol)	mg	1.22	--	--	2.95	0.22	3.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	41.3	--	--	99.9	7.4	102.4
Lipids							
Fatty acids, total saturated	g	0.147	--	--	0.356	0.026	0.365
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.002	--	--	0.005	0.000	0.005

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14:0	g	0.004	--	--	0.010	0.001	0.010
16:0	g	0.132	--	--	0.319	0.024	0.327
18:0	g	0.009	--	--	0.022	0.002	0.022
Fatty acids, total monounsaturated	g	0.021	--	--	0.051	0.004	0.052
16:1 undifferentiated	g	0.004	--	--	0.010	0.001	0.010
18:1 undifferentiated	g	0.017	--	--	0.041	0.003	0.042
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.284	--	--	0.687	0.051	0.704
18:2 undifferentiated	g	0.269	--	--	0.651	0.048	0.667
18:3 undifferentiated	g	0.015	--	--	0.036	0.003	0.037
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.021	--	--	0.051	0.004	0.052
Threonine	g	0.060	--	--	0.145	0.011	0.149
Isoleucine	g	0.079	--	--	0.191	0.014	0.196
Leucine	g	0.093	--	--	0.225	0.017	0.231
Lysine	g	0.101	--	--	0.244	0.018	0.250
Methionine	g	0.021	--	--	0.051	0.004	0.052
Cystine	g	0.025	--	--	0.061	0.005	0.062
Phenylalanine	g	0.051	--	--	0.123	0.009	0.126
Tyrosine	g	0.034	--	--	0.082	0.006	0.084
Valine	g	0.082	--	--	0.198	0.015	0.203
Arginine	g	0.100	--	--	0.242	0.018	0.248
Histidine	g	0.033	--	--	0.080	0.006	0.082
Alanine	g	0.101	--	--	0.244	0.018	0.250
Aspartic acid	g	0.248	--	--	0.600	0.045	0.615

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 242g	1 spear (about 5" long) 18g	1 can (300 x 407) 248g
Glutamic acid	g	0.350	--	--	0.847	0.063	0.868
Glycine	g	0.069	--	--	0.167	0.012	0.171
Proline	g	0.114	--	--	0.276	0.021	0.283
Serine	g	0.081	--	--	0.196	0.015	0.201
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0